



Morgan County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Morgan County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Morgan County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or improved include the wellness and nutrition policy, physical education and physical activity policy, mental health policy, health services, family and community involvement
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$680,109.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Morgan County News | ➤ Dept. of Health, TENNderCare |
| ➤ Child and Family of TN | ➤ Ridgeview of Oakridge |
| ➤ Family Resource | ➤ Public Health Dept. Health Educator |
| ➤ Morgan County (MC) EMA | ➤ Avalon Center |
| ➤ MC Medical Center | ➤ Supervisor of Student Services |
| ➤ MC Mayor | ➤ TN Regional Health |
| ➤ MC Health Department | ➤ Regina Webb, Behavior Interventionist |
| ➤ MC EMS | ➤ Lorrie Armes Parent Outreach Partner |
| ➤ MC Sheriff Department | ➤ TNCEP-UT |
| ➤ MC Chamber of Commerce | ➤ Community Care Partner for Volunteer State |
| ➤ Wartburg Police Dept. | ➤ United Health Care Community Plan |
| ➤ Sunbright Police Dept. | |
| ➤ UT Extension Agency | |
| ➤ MC Sp. Ed. Program | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Community Health Fairs, Walk/Run activities, weekly line dancing, and Zumba classes after school. Currently, 62 parents are collaborating with CSH.

Students have been engaged in CSH activities including Health Fairs, Walk/Run/Biking activities, safety campaigns, and dance classes. Approximately 235 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Morgan County School System, the following health interventions have taken place:

School Health Screenings – 1,571 with referrals to health care providers at 560;

Students have been seen by a school nurse – 19,351 with 17,784 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Morgan County's BMI rate has decreased from 43% to 41%. The state's average is currently 39% and we want to strive to at least meet the state's average;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: rock climbing walls for all elementary schools, 2 Wii Fit systems, walking track at MCC and TC, new recess equipment, an updated playground equipment Michigan Model curriculum for all schools and Take 10! activities for all K-5 classrooms;

Professional development has been provided to school health staff. Examples include TAHPERD conferences, Michigan Model training, resistance band sessions, and a "Fab" conference to increase social/emotional programs for students;

School faculty and staff have received support for their own well-being through Walk/Run activities, "Walk to Myrtle Beach challenge", promotion of family activities such as hiking and bike rides, Health Club memberships, and after school dance lessons.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Take 10!, wellness leadership team;
- Physical Education/Physical Activity Interventions – Take 10! and K-5 recess daily;
- Nutrition Interventions – Tasty Thursdays, nutrition campaigns, and guest speakers;
- Mental Health/Behavioral Health Interventions – behaviorist and access to local counseling services

In such a short time, CSH in the Morgan County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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